

University of Dayton eCommons

News Releases

Marketing and Communications

8-22-1991

Back to College Tipsheet

Follow this and additional works at: https://ecommons.udayton.edu/news_rls

Recommended Citation

"Back to College Tipsheet" (1991). *News Releases*. 7486.
https://ecommons.udayton.edu/news_rls/7486

This News Article is brought to you for free and open access by the Marketing and Communications at eCommons. It has been accepted for inclusion in News Releases by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlangen1@udayton.edu.



The University of Dayton

News Release

Aug. 22, 1991

Contact: Jim Feuer

B A C K - T O - C O L L E G E T I P S H E E T

KITCHEN HELP WANTED -- University of Dayton students won't find a "Kitchen 101" course offered this fall, but neophyte cooks can find help. George Zimmerman, a music instructor with a passion for food, has written a recipe and kitchen advice booklet for UD students. The cookbook is sold for \$2 in the student-run convenience store on campus. He tells the students how to bake chicken ("Skin can be left on or removed. At this stage of the game, the chicken could care less.") and how to grill with barbecue sauce ("You DO NOT baste the meat as it grills."). Recipes for casseroles, desserts, vegetables and even wine are included in the 35-page booklet.

Contact **George Zimmerman** at (513) 229-3917 or 434-1262.

PASS THE GRAVY -- First-year college students have more to worry about than their studies. Poor nutrition is also a concern, according to University of Dayton human ecology professor Madeline Dellwo. The main problem stems from living in dorms and having little choice other than to eat cafeteria food, which is often high in fat, calories and salt. She says students need to make better choices--leaving gravy off their mashed potatoes, for example, or opting for the salad bar rather than a grilled cheese sandwich. Another problem students face is weight gain. "They suddenly lead a more sedentary life, sitting in dorms and talking and studying," says Dellwo. "Students need to make an effort to exercise."

Contact **Madeline Dellwo** at (513) 229-2157.

NO PAIN, NO GAIN -- Students should spend two hours studying for each hour they spend in class, according to experts at the University of Dayton. Among their study suggestions: Study the most difficult courses at the time of day you feel most alert, allow a few minutes after each class to quickly review lecture notes while the topic is fresh in your mind, get in the habit of studying the same subjects at the same times each day and bribe yourself by planning something enjoyable after each study session.

Contact **Steve Mueller**, director of UD's Counseling Center, at (513) 229-3141, or **Jim Melko**, director of learning assistance, at (513) 229-2066.